

## **Rockville Swim and Fitness Center**

Due to weather cancellations on Monday December 9th 6am-12pm and Tuesday December 10th 6am-6pm we will be offering a make-up class in most of our current classes.

If you missed a water fitness class on Monday December 9th or Tuesday December 10th you may make up in one of the following classes the week of December 16th-20<sup>th</sup>:

### **Aqua Fitness**

**Monday-Friday, 8:30-9:15am**

**Monday or Wednesday, 9:15am-10:00am**

### **Aqua Power**

**Tuesday or Thursday, 9:15am-10:00am**

### **Aqua Zumba**

**Thursday 10:15-11:00am or Friday, 9:15-10:00am**

### **Deep Water Running and Conditioning**

**Tuesday or Thursday, 10:10am-10:55am**

### **Deep water workout**

**Monday, Wednesday or, Friday, 9:15-10am,**  
**Tuesday or Thursday, 7:35-8:20pm**

### **H2O Walking**

**Monday, Wednesday or Friday, 9:20-10:05am**  
**Tuesday or Thursday, 7:35-8:20pm**

### **Aquatic Doctor's Orders**

**Tuesday or Thursday, 10:10-10:55am**

### **Twinges in your Hinges**

**Monday, Wednesday, 9:15-10:05am**

### **Senior Aquacize Advanced**

**Monday, Wednesday or Friday, 11:05-11:55am**

### **Senior Aquacize Beginner**

**Monday, Wednesday or Friday, 10:10-10:55am**

### **60 Plus Swim**

**Tuesday or Thursday, 2:05-2:50pm**

### **Senior Exercise Swim**

**Monday or Wednesday, 2:35-3:20pm**



City of  
**Rockville**  
Get Into It

Rockville Swim and Fitness Center  
355 Martins Lane  
Rockville MD 20850  
240-314-8752  
[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)



If you missed Swim 4 Fitness Tuesday December 10th 11:05-11:55am, you may make up in the following:

<p><b><u>Swim 4 Fitness</u></b>  <b>Thursday 11:05-11:55am</b>  <b>Tuesday or Thursday 9:15-10:00pm</b></p>
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**Land Fitness**

If you missed any of the following class on Monday December 9 <sup>th</sup> or Tuesday 10 <sup>th</sup> :	You may make up in one of the following classes the week of December 16 <sup>th</sup> -20 <sup>th</sup> :
<p><b><u>Yoga for Athletes</u></b>  <b>Monday 9:15-10am</b></p>	<p><b><u>Gentle Yoga</u></b>  <b>Tuesday or Saturday 9:15-10am</b></p> <p><b><u>Core Yoga Friday</u></b>  <b>9:15-10am</b></p>
<p><b><u>Functional Interval Training</u></b>  <b>Tuesday 12:00-12:45pm</b></p>	<p><b><u>Functional Interval Training</u></b>  <b>Sunday 9:45-10:30am</b></p>
<p><b><u>Light and Easy Conditioning</u></b>  <b>Tuesday 12:45-1:15pm</b></p>	<p><b><u>Abs sculpt</u></b>  <b>Monday or Wednesday 12:45-1:15pm</b>  <b>Monday 7:35-8:05pm</b></p>

Monday December, 23<sup>rd</sup> additional make ups will be held in the following classes:

**Water Fitness**

**Land Fitness**

<p><b><u>Aqua Power</u></b>  <b>Monday 9:15-10am</b></p>	<p><b><u>Yoga for Athletes</u></b>  <b>Monday 9:15-10am</b></p>
<p><b><u>Twinges</u></b>  <b>Monday 9:15-10:15am</b></p>	
<p><b><u>Senior Aquacise</u></b>  <b>Monday 10:10-10:55am</b></p>	
<p><b><u>Aqua Sculpt</u></b>  <b>Monday 10:15-11:00am (In North Pool)</b></p>	



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